

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/ff/hpfrifax.htm>

Friday FACTS

7 November 2003

"Leadership, Partnership, and Championship"

Subscribe to this publication
by visiting our web site.
Click on "Friday Facts"

ACHIEVING AND MAINTAINING A HEALTHY WEIGHT

There are lots of reasons for people who are overweight or obese to lose weight. To be healthier. To look better. To feel better. To have more energy.

No matter what the reason, successful weight loss and healthy weight management depend on sensible goals and expectations. If you set sensible goals for yourself, chances are you'll be more likely to meet them and have a better chance of keeping the weight off. In fact, losing even five to 10 percent of your weight is the kind of goal that can help improve your health.

Most overweight people should lose weight gradually. For safe and healthy weight loss, try not to exceed a rate of two pounds per week. Sometimes, people with serious health problems associated with obesity may have legitimate reasons for losing weight rapidly. If so, a physician's supervision is required.

What you weigh is the result of several factors:

- how much and what kinds of food you eat,
- whether your lifestyle includes regular physical activity,
- whether you use food to respond to stress and other situations in your life,
- your physiologic and genetic make-up, and
- your age and health status.

Successful weight loss and weight management should address all of these factors. And that's the reason to ignore products and programs that promise quick and easy results, or that promise permanent results without permanent changes in your



lifestyle. Any ad that says you can lose weight without lowering the calories you take in and/or increasing your physical activity is selling fantasy and false hope. In fact, some people would call it fraud. Furthermore, the use of some products may not be safe.

Take a realistic approach. Many people who are overweight or obese have decided not to diet per se, but to concentrate on engaging in regular physical activity and maintaining healthy eating habits in accordance with the Dietary Guidelines for Americans, emphasizing lowered fat

consumption, and an increase in vegetables, fruits and whole grains.

Source: "Setting Goals for a Weight Loss," Partnership for Healthy Weight Management, <http://www.consumer.gov/weightloss/>.



HALLOWEEN CANDY:

How long can you keep it?

According to several candy companies, candy that's individually wrapped will maintain freshness for 6 months to 2 years from the time of purchase. Chocolate and candy with nuts have a shorter freshness life than sugar candies (suckers, jelly beans and sour drops). This is because the fat content in chocolate and nuts can deteriorate with time.

The best way to store candy is in a covered container in a cool place (between 60 F and 70 F). Refrigeration dries out candy. Long-term freezing of chocolate causes cocoa butter to separate from chocolate, resulting in white or gray blotches or streaks. Keeping chocolate too warm has the same effect. Although it's safe to eat, it's not at its best.

Source: www.mayoclinic.com



"The road to a friend's house is never long."

-Danish proverb